

TOWN OF ACTON RECREATION DEPARTMENT



FALL/WINTER 2004/2005 PROGRAM

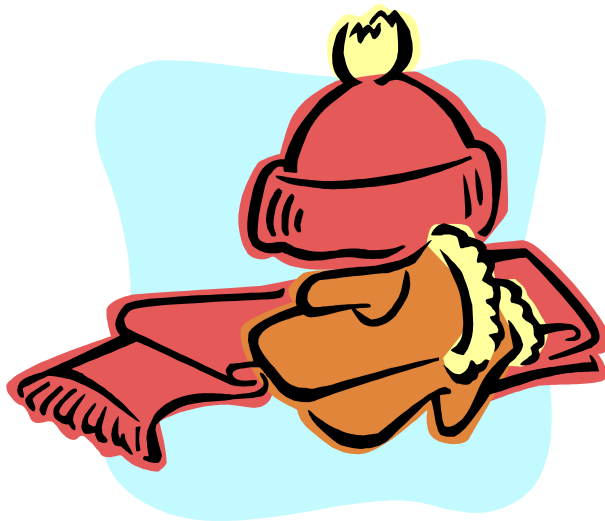
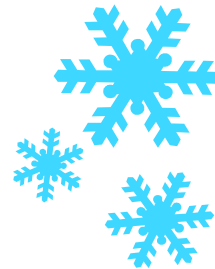
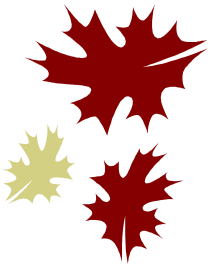
ACTON RECREATION DEPARTMENT
ACTON TOWN HALL
472 MAIN ST.
ACTON, MA 01720
978-264-9608

HOURS: MON. – FRI 8:00 – 5:00

recreation@acton-ma.gov

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THINGS YOU NEED TO KNOW!

PROGRAMS FOR EVERYONE

The goal of the Acton Recreation Department is to provide recreational facilities and programs for Acton residents. The individuals who participate in programs vary in terms of interests, talents, abilities and challenges. Please let us know about barriers that prevent participation. We are proud of our work with members of the community in creating exciting and successful programs. Please help us as we try to expand our ability to provide meaningful and accessible recreational opportunities for all. Your suggestions are always welcomed.

REGISTRATION POLICY

1. All programs are on a “first-come-first-serve” basis via mail-in registration from this brochure or at the Recreation Department at the Acton Town Hall. We will not accept registrations without payment.
2. The Acton Recreation Department reserves the right to cancel or consolidate classes that do not support themselves. All programs operate on a self-supporting basis.
3. Registration may be limited due to subject; space or staff limitations so **REGISTER EARLY**. Non-resident registration will be accepted in all programs. Call 978 264-9608 for more details.
4. Late registration will be available subject to available space.
5. Payment may be made by cash or check payable to the Town of Acton and mailed to:
Acton Recreation Department
472 Main Street
Acton, MA 01720
6. **Refunds may be requested in writing up to one week before the program begins.** A ten dollar (\$10.00) administration fee will be retained. Some programs have a non-refundable deposit. Camp registrations require a \$50 non-refundable deposit. No refunds will be given after the program begins. **ALL APPLICATIONS SHOULD BE CONSIDERED ACCEPTED UNLESS OTHERWISE NOTED.**
7. It is the policy of the Acton Recreation Department that no resident of the Town shall be refused participation in a program or the use of facilities because of the inability to pay. Confidential application for financial aid can be made to the Board of Selectmen, and if a hardship exists, the applicant may apply for a reduction in fees. Please contact Nancy McShea, Recreation Director, with any questions.
8. If any program is cancelled due to inclement weather, a refund will be given. Please allow 2-3 weeks for a refund.

IF YOU WAIT – YOU MAY BE TOO LATE!

Nothing jeopardizes a recreation program faster than individuals who wait until the last minute to register. There is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination, often including facility scheduling, staffing, volunteer recruitment, and purchasing of supplies.

Acton Recreation Commission:

Chair: Ron Schlegel
Vice Chair: Bob Cadogan
Alison Gallagher, Michele Zaremba,
Matt Lundberg

Recreation Staff:

Recreation Director: Nancy McShea
Natural Resources Director: Tom Tidman
Secretary: Jennifer White

ACTON RECREATION DEPARTMENT
REGISTRATION INFORMATION
Fall/Winter 2004-2005

Register for programs either in person, at the Acton Town Hall or by mail, utilizing a separate form for each program and person. All programs must have sufficient enrollment to ensure self-support. **Refunds are issued on the basis of receipt of written notice of withdrawal one week prior to the start of the program, and are subject to a \$10.00 service charge.** For further information contact the Recreation Department at (978) 264-9608. Mail registration form to: Acton Recreation Department, Town Hall, 472 Main Street, Acton, MA 01720. **Please make check payable to "Town of Acton."** Registration forms may be photocopied.

Registrants should consider their applications accepted unless notified otherwise.

Fall / Winter 2004-2005
(Please Print)

Program

Name _____ Day/Time _____

Name _____ Age/Grade _____

Address _____

Town _____ Zip Code _____

Parent/Guardian (if registrant is under age 18) _____

Telephone
(Home) _____ (Work) _____ (Emergency) _____

E-mail Address _____

SPECIAL ACCOMMODATIONS: In order to enhance participation, please identify any special accommodations needed: _____

I agree to hold harmless the Town of Acton and/or its employees from claims or liability related to any accident that may occur. I give permission for medical treatment to be given if the need arises.

Signature (Parent/Guardian if under 18) Date

Amount Enclosed

PROGRAMS

TOT SPOT

This class is designed for the older toddler to begin exploring sport skills. Each week we will focus on a different sport and play games and activities related to that sport. Meet other toddlers, have fun and learn some new skills.

Class Meets: Mondays,
September 13th – October 18,
2004 (No class Oct. 11).
Time: 10:45 – 11:30 AM
Location: NARA Park Upper
Fields

Fee: \$25.00 for 5 weeks

Instructor: Nancy McShea

- Class limited to children ages 2 - 3 years old.



PLAYGROUND PLAYGROUP

Join us weekly at the NARA Park playground, meet new friends and socialize with other toddlers. This non-instructional class is designed to be a social group for children up to 4 years of age. We will provide a snack and juice each week as well as an array of equipment for your child to experiment with.

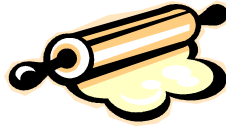
Class Meets: Fridays,
beginning September 10th –
October 8, 2004.

Time: 11:15 – 12:00 AM

Location: NARA Park
playground

Fee: \$10.00 for 5 weeks

Instructor: Nancy McShea



WHAT'S COOKING?

Do you like to bake cookies, brownies, muffins, maybe a fun snack or cool drink? This is the class for you. We will meet once a week for 4 weeks and cook a different delectable treat each week. This is a great way for kids and seniors to come together share stories have a few laughs and make some good treats.

Class Meets:

Young Chefs (ages 2-5) –
Fridays, March 11 – April 1,
2005

Time: 10:30 – 11:30 a.m.

Location: COA Building,
High St.

Fee: \$20.00

Instructor: Nancy McShea

START SMART SPORT PROGRAMS

Before entering organized youth sports programs, children need to master the fundamental motor skills that serve as a basis for more complex sports skills. Children do not effectively learn these skills by playing games, but rather by learning and practicing developmentally appropriate activities.

Developmentally appropriate activities are tasks that are designed for the current level of performance ability of the child with equipment that enables the child to be successful. Success is extremely important in early motor skill learning experiences, as it builds self-esteem and the motivation

and confidence needed to try and improve.

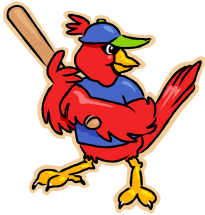
Children who enter youth sports programs with fundamental motor skills and confidence in their ability to perform are much more likely to learn new, more complex sport-specific skills, achieve success in competition, and enjoy a positive sports experience. These children are also more likely to participate in sports fitness activities as adults.

All children should be provided with effective, developmentally appropriate activities and equipment to prepare them for future organized sports competitions. Start Smart accomplishes this by offering programs that encourage children and parents to spend quality time together, without the threat of competition or the fear of getting hurt.

START SMART SPORTS DEVELOPMENT PROGRAM

Start Smart teaches children ages 3-5 the basic motor skills necessary to play organized sports, while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents basic sport mechanics without the threat of competition or the fear of getting hurt. Start Smart sessions are held one time per week for 6 weeks, and each week the exercises become increasingly more challenging as the class progresses and the children show improvement.

Class Meets: Mondays,
September 13 – October 25,
2004 (No class Oct. 11).
Time: 9:30 – 10:30 a.m.
Location: NARA Park upper
fields.
Fee: \$45.00
Instructor: Nancy McShea
Limit: 15 / Min.: 10



START SMART BASEBALL

Start Smart Baseball was developed to assist young children 3-5 years old learn the basic skills necessary for a successful first time experience in organized baseball or tee ball. Start Smart Baseball is an offshoot of the popular Start Smart Sports Development Program. Start Smart Baseball focuses on including parents as an integral part of their child's learning process. Parents participate one-on-one with their child with the guidance of an instructor teaching them the baseball skills of throwing, catching, batting, and running/agility.

Class Meets: Tuesdays,
September 14 – October 19,
2004.
Time: 9:30 – 10:30 a.m.
Location: NARA Park upper
fields.
Fee: \$45.00
Instructor: Nancy McShea
Limit: 15 / Min.: 10

START SMART SOCCER

Start Smart Soccer was developed to assist young children 3-5 years old learn

the basic skills necessary for a successful first time experience in organized soccer. Start Smart Soccer focuses on including parents as an integral part of their child's learning process. Parents participate one-on-one with their child with the guidance of an instructor teaching them the soccer skills of kicking, dribbling, trapping, throw-ins and agility.

Class Meets: Wednesdays,
September 15 – October 20,
2004.
Time: 11:00 – 12:00 p.m.
Location: NARA Park upper
fields.
Fee: \$45.00
Instructor: Nancy McShea
Limit: 15 / Min.: 10

START SMART BASKETBALL

Start Smart Basketball teaches children ages 3-5 the basic motor skills necessary to play organized basketball, while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents dribbling/ball handling, shooting, passing/catching, and running/agility without the threat of competition or the fear of getting hurt. Start Smart Basketball sessions are held one time per week for 6 weeks, each week the exercises become increasingly more challenging as the class progresses and the children show improvement.

Class Meets: Thursdays,
September 16 – October 21,
2004
Time: 9:00 – 10:00 AM
Location: NARA Park upper
fields.

Fee: \$45.00
Instructor: Nancy McShea
Limit: 15 / Min.: 10

START SMART GOLF

Start Smart Golf teaches children ages 5-7 and their parents the basic skills necessary to play golf. Utilizing the innovative line of SNAG Golf products, children who have never picked up a club will discover how to play golf with fun activities and exciting equipment that is safe and developmentally appropriate. Start Smart Golf encourages parents to work one-on-one with their child, with the guidance of the instructor during the 6-week program.

Class Meets: Fridays,
September 10 – October 15,
2004.
Time: 10:00 – 11:00 AM.
Location: NARA Park upper
fields.
Fee: \$45.00
Instructor: Nancy McShea
Limit: 15 / Min.: 10



MOMMY AND ME SNOWSHOE CLASS

This class is designed to bring Moms and kids together to enjoy the great outdoors. This class will meet once a week at NARA Park and we will take a trek with our snowshoes on. This is a great opportunity to learn a new outdoor sport and enjoy all the wonder nature offers us during the winter months. This class is limited

to 14 moms and 14 kids.
Winter weather permitting.

Class meets: Fridays
beginning January 21 –
February 25, 2005.
Time: 10:30 – 11:30 AM
Location: NARA Park,
upper parking lot.
Fee: \$30.00 per pair, for 6
weeks.
Instructor: Nancy McShea

*Note this class is open to
children up to age 6 and we
provide the snowshoes.

KUNG FU LITTLE DRAGONS – AGES 4-6 YEARS

We'll introduce your child to
Kung Fu, which will:

- Build confidence and character.
- Develop coordination.
- Teach discipline and courtesy.
- And have FUN, FUN and MORE FUN!

Class Meets: Tuesdays
beginning October 5th
and ending November 9th,
2004.
Time: 10:15 – 10:45PM
Location: Chinese Martial
Arts Health & Fitness Center
of Acton, 240 Arlington St.,
West Acton
Fee: \$85.00 / 6 weeks.
Instructor: Narcyz Latecki
Min: 4 students
Max: 6 students

KUNG FU KIDS AGES 7-10

Kung Fu teaches children to
try their best through
training, they learn how to
overcome challenges and
experience victories, giving
them the confidence and
spirit to be their best in
martial arts, their school and
home. This class develops:

- Flexibility
- Strength
- Self Defense
- Respect
- Self esteem
- Coordination

Class Meets:
Session 1: Tuesdays, October
5 – November 9, 2004
Time: 5:30 – 6:15 P.M.

Session 2: Mondays, October
18 – November 22, 2004
Time: 4:00 – 4:45 P.M.
Location: Chinese Martial
Arts Health & Fitness Center
of Acton
Fee: \$95 / 6 weeks
Instructor: Narcyz Latecki
Max: 10 students

THE T.J. O'GRADY MEMORIAL SKATEBOARD PARK

On November 20, 1998, T.J.
O'Grady, a 15 year old boy
from Boxborough, MA, was
struck and killed by an
automobile while
skateboarding down a
residential road. Since then
T.J.'s Mother, Lori O'Grady,
and many of T.J.'s friends
and their families, have
formed the T.J. O'Grady
Memorial Skateboard Park,
Inc. , a non-profit
organization whose ultimate
mission is to build a safe
place for the children and
adults to skateboard and
inline skate. To make a
much needed donation, or for
information on our efforts,
go to our website at
www.tjskatepark.org.

The Acton Recreation is
planning to begin
construction on this skatepark
in the very near future.
Together we can make this
park a reality for the children
and adults in Acton and
Boxborough.

KID'S SNOWSHOE / WINTER HIKE

This class will introduce
children to snowshoe and/or
winter hiking. Children will
learn how to put on
snowshoes, walk on ice, deep
snow walk up and down
slopes. We will meet once a
week for 5 weeks. Class
hikes will vary in terrain and
length but all will begin at
NARA Park.

Class Meets: Tuesdays
January 25 – February 22,
2005.
Time: 3:30 – 4:30PM
Location: NARA Park-
upper parking lot.
Instructor: Nancy McShea
Fee: \$30.00 for 5 weeks.
Ages: Children up to grade 5
Limit: 12 kids

- Includes use of
snowshoes – please wear
boots and dress for the
weather.



YOUTH YOGA

Yoga for Youth Program is
50 minutes of teaching fun
Yoga postures. The youth
will learn to relax, focus, find
balance and build body
awareness as they move
through the postures. Age
levels start at 9 – 12.

Class Meets: Thursdays,
beginning September 21,
2004.
Time: 2:00 PM
Cost: \$80 per 8 classes
Location: Athletes Edge,
2 Craig Rd., Acton
Limit: 10

TEEN SNOWSHOE / WINTER HIKE

This class is designed for teens grades 6 – 8. this class will meet once a week for 5 weeks and will teach kids the proper way to snowshoe on various terrain. This is a great way to get out and exercise during the long winter months as well as make some new friends.

Class Meets: Wednesdays,
January 26 – February 23,
2005.

Time: 3:00 – 4:00 PM

Location: NARA Park –
upper parking lot.

Cost: \$30.00 / 5 weeks

Instructor: Nancy McShea

Ages: Grades 6 and up.

Limit: 12 kids

- Includes use of snowshoes – please wear boots and dress for the weather.

INDOOR FIELD HOCKEY

Keep your field hockey skills sharp over the winter by playing field hockey weekly at this indoor facility. We'll meet for one (1) hour once a week to work on improving our game and increasing our skill level. This class is open to anyone grades 6-12. This is a non-instructional class designed for open play.

Class Meets: Thursdays
beginning December 2, 2004
– April 14, 2005 (No Class
Dec. 30).

Time: 3:00-4:00 p.m.

Location: Acton Indoor
Sports

Fee: \$150.00 for 19 weeks

Instructor: Nancy McShea

- You must provide your own mouthguard and shin guards.



RECERTIFICATION LIFEGUARD CLASS

Individuals previously certified through the Red Cross or Starguard program qualify for this 4 hour refresher course. Prior certification must be presented on day of class. This class is four hours long and reviews the essentials of lifeguarding, as well as provides a refresher course in CPR and First Aid. Certification is good for one year. Job placement assistance will be provided to extremely qualified participants.

Dates: Sunday January 9th,
2005 (1 PM – 4:30 PM)

Location : Harvard Ridge
Pool Club, Boxborough

Cost: \$70

Instructor: Jason Malinowski



WATER SAFETY INSTRUCTOR COURSE (NEW!)

This course will be taught using a mentor approach for individuals interested in becoming certified swim instructors. Upon final completion of the Starfish Swim School course, individuals will be certified to teach swim lessons to individuals of all ages. Course scheduling will be on an individual basis. Time to

complete the course will be determined on an individual basis, as well. Please contact the instructor at 978-273-7952 for additional information. Job placement assistance is guaranteed to exceptional candidates.
MUST BE AT LEAST 17 YEARS OF AGE BY MAY 2005 TO COMPLETE COURSE.

Date/Time: Students should sign up and instructor will contact to find a date and time to match student's schedule.

Location: Harvard Ridge
Pool Club, Boxborough

Cost: \$300

Instructor: Jason Malinowski

CPR/First Aid Classes

PROFESSIONAL RESCUER CPR

Class Description: Upon completion, candidate will receive certification through National Safety and Health Institute. This level of certification meets all requirements for lifeguards, EMTs, and healthcare workers. Topics of discussion include strokes, heart attacks, assessment, rescue breathing, CPR for adults, infants, and children, two rescuer CPR, the use of a bag valve mask, choking, emergency oxygen, and an introduction to the automatic external defibrillator (AED). A skills examination will be given at the end of the course.

Date/Time: Students should sign up and instructor will contact to find a date and time to match student's schedule.

Cost: \$60

Instructor: Jason Malinowski

PROFESSIONAL RESCUER CPR REVIEW

Class Description: This class is intended for candidates with previous certification in professional rescuer CPR. Topics of review include strokes, heart attacks, assessment, rescue breathing, CPR for adults, infants, and children, two rescuer CPR, the use of a bag valve mask, choking, emergency oxygen, and an introduction to the automatic external defibrillator (AED). Candidates must have been previously certified through the American Red Cross, American Heart Association, or National Safety Council. Candidates must present proof of completion on first day of class. This course meets all guidelines for lifeguards, EMTs, and healthcare providers.

Date/Time: Students should sign up and instructor will contact to find a date and time to match student's schedule.

Cost: \$40

Instructor: Jason Malinowski

COMMUNITY CPR/FIRST AID

Class Description: This class certifies candidates in CPR for adult, children, and infants, as well as provides certification in first aid. Candidates can choose whether they want to take both sections or choose to take just one. The CPR section will include the topics of strokes, heart disease, rescue breathing, choking, CPR for adults, children, and infants, as well as a brief introduction to the automatic external defibrillator. The first aid section includes the

topics of assessment, bleeding, shock, burns, musculoskeletal injuries, medical emergencies, poisoning, insect bites, and environmental emergencies. Successful candidates will receive completion cards through the American Health and Safety Institute. It is strongly recommended that students have prior knowledge of CPR and First Aid as this is a fast paced course.

Date/Time: Students should sign up and instructor will contact to find a date and time to match student's schedule.

Cost: \$60

Instructor: Jason Malinowski



SPIN CORE & STRETCH

SPIN Core & Stretch Program will guide the group through a series of rides for 35 min.. The program is geared for Beginner through Intermediate level riders. The remaining 25 min. will be dedicated to Yoga based core and stretching routines. (Beginners and Intermediate)

Class Meets:

Monday/Thursday beginning week of September 7, 2004 through December, 2004.

Time: 11:00 AM

Cost: \$80 for 8 (1hour) classes / \$140 for 16 classes.

Location: Athletes Edge, 2 Craig Rd., Acton

Limit: 8

Active middle-aged and older populations have lower cholesterol levels than do their less active counterparts.

CARDIO STRENGTH CIRCUIT TRAINING

Cardio Strength Circuit Training Program is an efficient and effective way to pack a total body work out in 1hr. The program includes a personalized weight lifting program, cardio work, functional strength, core and stretching delivered by a trainer on our turf field and Olympic weight lifting facility. The program will advance the participant through a series of strength training routines each week, bringing back the functional strength needed for balance and stability.

Class Meets:

Monday/Wednesday/Friday beginning Sept. 7 though December, 2004

Cost: \$80 for 8 classes / \$140 for 16 classes.

Location: Athletes Edge, 2 Craig Rd., Acton

ADULT RECREATIONAL RUNNING PROGRAM

Adult Recreational Running Program is a series of 8 instructional workouts, focused on bringing back proper running techniques, for straight ahead and lateral movement. The Program is for Adults who want to improve their ability to move better. Be it as a runner, tennis player or one who participates in adult basketball or soccer leagues. You will learn how to generate more power, greater stride length, anaerobic tolerance, quicker feet, better balance and greater stability. This is a semi private training with individualized running programs on our Acceleration Treadmill and turf field.

Class Meets:
Tuesdays/Thursdays 9:30am
& Monday/Wednesday
11:30am
Session 1: begins September
7, 2004
Session 2: begins October 12,
2004
Session 3: begins January 4,
2005
Fee: \$240 / 8 (1hour) classes
Limit: 5 per class
Location: Athletes Edge, 2
Craig Rd., Acton

**For each additional mile
walked or run by a
sedentary person, that
individual would add an
extra 21 minutes to
his/her life.**

WOMEN'S ICE HOCKEY

Do you want to learn to play
ice hockey but are unsure of
all the skills involved? Well
then this class is for you.
Join Tom Tidman as he
teaches you all you need to
know about playing the game
from putting on equipment to
scoring a goal! Limited
skating skills required.

Class Meets: Mondays,
October 18 – December 6,
2004
Time: 9:45 – 11:15 a.m.
Location: Nashoba Valley,
Boxboro
Fee: \$125.00 includes ice
time for 8 weeks.
Equipment: You must
provide all of your own
equipment.
Instructor: Tom Tidman
Limit: 20 people

**A Brown University
study found that if each
American walked one
hour a day we could
reduce healthcare cost
annually by \$20
million.**

ACTON AREA WALKERS

This club is for anyone who
loves to walk with others,
from casual walkers to those
who want to compete. We
meet on Saturday mornings at
various locations in Acton
and the surrounding towns.
Walkers usually have a
choice of two distances from
4 to 8 miles in length. Many
members also get together
informally during the week to
walk.

Class Meets: Saturdays,
September 18th and ending
March 26, 2005.
Time: 8:00 a.m.
Location: Acton Memorial
Library parking lot for first
meeting, TBA thereafter.
Fee: \$35.00
Instructor: Carol Brown



WINTER HIKE / SNOWSHOE

Let's make the best of the
New England winter! Every
Thursday we will meet at a
different conservation area
and either hike or snowshoe,
depending on Mother
Nature's whim. No prior
experience with snowshoeing
is necessary. All you really
need to do is strap them on
and go. Best of all, we
provide the snowshoes.

Class Meets: Thursdays,
beginning January 6 – March
3, 2005 (no class Feb. 24)
Time: 9:30a.m.- 11:00a.m.
Location: First hike meets at
NARA upper parking lot,
TBA thereafter.
Fee: \$50.00
Instructor: Cathy Berard



CONCORD ROAD ICE RINKS

Beginning in December or
January there will be 2
outdoor ice skating rinks
located at Concord Road.
Those rinks are open to the
public free of charge. Signs
will be posted indicating
when the rinks are open. We
ask that you please stay off
the rinks when they are
posted closed. Also, please
keep pets away from the
rinks as their claws will rip
the liners and make the rinks
unusable.

INTRODUCTION TO TAI CHI AND QIGONG (CHI KUNG):

What is Tai Chi (Taiji)?
Taiji is a traditional Chinese
Martial Arts focusing on the
circulation of chi or "life
energy" found within and
around all living things.
Sometimes called "moving
meditation", millions of men
and women all over the world
practice it daily as a gentle,
stress reducing exercise. At
its deepest level, Taiji can
also become an extremely
powerful and effective
system of self-defense,
characterized by a relaxed
flow of internal energy and

power as opposed to sheer muscular strength and speed.

Benefits of Tai Chi include:
Reduced stress.
Increased flexibility.
Increased energy and vitality.
Improvement in general health.
Feel great.

Morning Session

Class Meets: Tuesdays,
beginning October 5th and
ending November 9th, 2004.
Time: 9:00 - 10:00 AM

Evening Session

Class Meets: Tuesdays
beginning October 5th and
ending November 9th, 2004.
Time: 7:00 - 8:00 PM

Location: Chinese Martial
Arts Health & Fitness Center
of Acton, 240 Arlington St.,
West Acton
Fee: \$95.00/ 6 weeks
Instructor: Narcyz Latecki
Min: 4 students
Max: 15 students



SOCCER MOMS

Tired of sitting on the sideline watching your child play soccer but never getting the chance yourself? Now you can play with other soccer moms once a week in a friendly pickup game. This class is open to novice and advanced players but the emphasis is on fun. This is a non-instruction class.

Class Meets: Thursdays,
beginning September 16 –
October 28, 2004.
Time: 5:00-8:00PM

Location: NARA Park-
Upper Fields
Fee: \$25.00 for 7 weeks
Instructor: TBA
Min: 15 people



HATHA YOGA FOR BEGINNERS

The qualities of youthfulness, vitality, and inner strength characterize

those who have brought yoga into their everyday lives.

Through the practice of hatha yoga postures, breathing exercises and meditation, you will be put in touch with your own energy source. Yoga promotes an alert mind, opens joints, strengthens the spine, works muscles at a deep level, stimulates the internal organs, and relieves tension. Discover why the practice of yoga can offer fitness, health, energy, clarity of thought and emotional calm. This class is for those who have had little or no yoga, or for continuing students who want to stay at a more gentle, healing level ? in other words, this is not power yoga. However, we will continue on to a more intermediate level as students build strength and flexibility, if the group wants to continue on. Monday afternoon or Wednesday evening class, \$95 for an eight week session. YogaBliss Studio. The instructor will contact students with the location. * Please bring a yoga mat, two bath or beach towels, and two wash cloths to class.

Class meets: Mondays,
1-2:15 PM
Session 1: 9/29-11/22
Session 2: 11/29-1/24
Session 3: 1/31 – 3/28

Class meets: Wednesday,
5:45-7:15
Session 1: 9/29-11/17
Session 2: 11/24-1/5
Session 3: 1/12-3/9
(Note: Class does not meet when there is no school.)
Cost: \$95.00
Location: TBA
Instructor: Laraine Lippincott

COMMUNITY GARDENS

The Recreation Department operates the Community Gardens located on Rte 27 in North Acton. Open plots will be available to the general public beginning on December 15, 2004. Garden plots are available in either full size lots (50' X 33') or half size (25' X 16'). Lots can be used from spring until November 1, 2005. If you are interested in having a garden but lack the necessary space at home try out one of the garden plots at the Community Gardens.

Fee: Full plot resident - \$15.00, half plot resident - \$8.00,
Non-resident full plot - \$25.00, non-resident half plot - \$13.00.

For more information please contact the Recreation Department at 978-264-9608.

NARA PARK RENTALS

Nara Park is a great place to hold a family reunion, neighborhood picnic, birthday party or company get together. Did you know that you could reserve the bathhouse pavilion, picnic area or field space? Prices

vary depending on number of attendees, areas rented, and type of function being held. Please contact the Recreation Department at 978-264-9608 for more information.



SLEDDING AT NARA PARK

Sledding at NARA is available free of charge during day light hours. Please note that sledding is done at your own risk. **PLEASE DO NOT SLED TOWARDS THE POND AS THE ICE MAY NOT BE SAFE.** We recommend you always sled towards the field area.

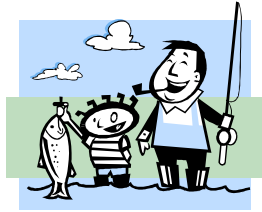
SPECIAL EVENTS

WINTERFEST 2005

Back by popular demand! Beat those winter blues and celebrate all that is good about snow and cold during our Winterfest 2005 celebration. This event will take place at NARA Park and will be a combination of winter activities that the whole family can enjoy. There will be a bonfire, sledding, ice skating, snowshoeing, a chili cook-off and more.

Date: Saturday, January 22, 2005, with a make-up day of Saturday, January 29, 2005.
Time: 12:00 – 4:00 PM
Location: NARA Park

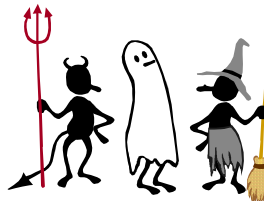
Donations encouraged to cover costs.
Winter weather permitting.



3rd ANNUAL KIDS ALL-AMERICAN FISHING DERBY

Kids' come on out to NARA Park and try to reel in the big one. Prizes will be awarded for the largest fish in each age group. We will provide the bait you provide the fishing poles and tackle. This is a catch and release derby for kids up to 17 years old.

Date: Saturday, September 18, 2004.
Time: 9:00 – 11:30 AM
Cost: FREE
Location: NARA Park



HALLOWEEN COSTUME CONTEST

Join us at NARA Park for our third annual Halloween Costume Contest. Kids of all ages are invited to dress up in their best Halloween gear and partake in crafts, treats, and a costume contest. Prizes will be awarded for funniest costume, scariest costume, and most original for the following age groups: 2 and under, 3-5 year olds, 6-9 year olds, and 9-12 year olds.

When: Saturday, October 23, 2004
Rain date: Sunday, October 24, 2004.
Time: 1:00 p.m. judging of costumes will take place at 1:15 p.m.
Location: NARA Park
Fee: Free

TRIPS



HAUNTED HAPPENINGS IN SALEM, MA

Celebrate Halloween in Salem, MA home of the Salem Witch Trials. Spend your day visiting the many museums and attractions Salem has to offer or take a stroll through downtown Salem. There will be a street festival with crafters, artisans, food vendors and more. They will also be celebrating Children's Day on the common. For more information on Haunted Happening events and attractions visit www.hauntedhappening.org

Trip Date: Saturday, October 16, 2004
Time: Depart Acton Town Hall 9:00 a.m. and returns to Acton Town Hall at 6:00 p.m.
Fee: \$15.00 per person (bus trip only)

FOXWOODS CASINO

Try your luck at the slot machines, table games, keno or bingo! We will depart Acton on a luxury motor coach at 7:30 a.m. and return at 5:30 p.m. Join Acton Recreation for the time of your life! (Bingo players should pre-register for bingo with the casino directly).

Trip Date: Saturday, November 6, 2004.
Time: Depart Acton Town Hall parking lot at 7:30 a.m. and returns to the Acton Town Hall at 5:30 p.m.
Location: Foxwoods Casino, Connecticut
Fee: \$35.00, includes casino package (either food or betting vouchers)

NEW YORK CITY

Take a break from the holiday crunch and enjoy a day in New York City with the Acton Recreation Department. Spend your time shopping, visiting local places of interest and take in the sights of Rockefeller Plaza. We will travel in a luxury motor coach and we'll have plenty of time to experience New York City during the holidays.

Trip Date: Saturday, December 11, 2004.
Time: Depart Acton Town Hall parking lot at 5:00 a.m. and returns to the Acton Town Hall at 11:00 pm.
Location: New York City
Fee: \$55.00 per person

The fondest memories people have of their past tend to involve family outings and vacations.



CASTLE IN THE CLOUDS, NH

Enjoy the Fall foliage from this majestic mountaintop estate where you will see breathtaking views of the Ossipee Mountains and Lake Winnepesaukee. Take a tour through the Lucknow Mansion or take a walk around the estate grounds. There are cascading waterfalls, streams and don't forget to feed the giant trout.

Trip Date: Saturday, October 2, 2004
Time: Depart from Acton Town Hall at 8:00 AM and returns to Acton Town Hall at 5:00 PM.
Fee: \$23.00 per Adult
\$20.00 per youth (age 7 – 17)
\$15.00 per child (6 years and under)



SKI TRIP TO LOON MT.

Spend a day skiing at one of New Hampshire's premier ski resorts. Loon is a great family centered ski destination. Your cost covers all day lift ticket bus transportation on a deluxe motor coach, coffee and donuts in the morning and snack on the ride home.

Trip Day: Saturday, February 25, 2005
Time: depart Acton Town Hall at 6:30 AM depart Loon Mountain at 4:00 PM
Fee: Adults \$67.00
Teens \$55.00
Juniors \$50.00
Rentals \$25.00
Lessons \$25.00

YANKEE CANDLE COMPANY SENIOR TRIP

Join Acton Recreation as we head on out to Deerfield, MA to the Yankee Candle Company. Take in the sights of the worlds greatest Christmas shop purchase some candles or make your own. There is so much to see at this gigantic shop. Then travel to the Deerfield Inn and enjoy a delicious luncheon. From there we will travel by bus and take in the splendor at Bright Nights at Forest Park. Springfield's historic 750 acre park is a perfect backdrop for more than 300,00 twinkling lights.

Trip Date: Wednesday, December 1, 2004
Time: Depart Acton Town Hall at 10:00 AM and return to Acton Town Hall by 7:00 PM.
Location: Yankee Candle Company, Deerfield Inn and Bright Nights, Springfield
Fee: \$30.00 per person (includes cost of bus, lunch and admission to Bright Nights).

People who are socially involved are two to five times less likely to suffer from heart disease.

HELPFUL PHONE NUMBERS

| | | |
|-----------------------------|--------------|----------------|
| Acton Recreation Department | | (978) 264-9608 |
| Recreation Director | Nancy McShea | (978) 264-9608 |
| Recreation Secretary | Jenna White | (978) 264-9608 |

YOUTH SPORTS

| | | |
|--------|----------------|----------------|
| Soccer | Sue Reuther | (978) 266-1490 |
| | George Procter | (978) 264-0301 |
| | Dave Scheuer | (978) 263-2105 |

| | |
|------------------------|--|
| Little League Baseball | www.abyb.org |
|------------------------|--|

| | | |
|-------------------------|--------------|----------------|
| Pop Warner Football | Ken Frank | (978) 263-3500 |
| Pop Warner Cheerleading | Mickey Lieto | (978) 264-0225 |

| | | |
|--------|-----------------|----------------|
| Hockey | Maureen Auclair | (978) 263-0720 |
|--------|-----------------|----------------|

| | | |
|----------|--------------|--|
| Softball | Glenn Herdeg | (978) 263-0718 |
| | | Glenn.Herdeg@comcast.net |

| | | |
|-------------|------------|----------------|
| AB Lacrosse | Judy Peter | |
| | Bruce Muff | (978) 263-0057 |

ADULT SPORTS

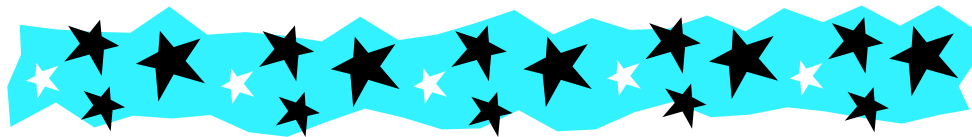
| | | |
|-----------------------|---------------|----------------|
| Abunted Over the Hill | Turner Wilson | (978) 264-2080 |
| Soccer (30+ league) | Will Bigelow | (978) 263-0863 |
| | Dana Kintigh | (978) 263-0179 |

| | | |
|-----------------------|-----------|----------------|
| Men's Senior Baseball | Bob Major | (978) 874-6346 |
|-----------------------|-----------|----------------|

| | | |
|----------------|------------------|--|
| Co-ed Softball | Acton Recreation | |
| Acton League | Department | (978) 264-9608 |
| | Rich Gottesman | rich.gottesman@verizon.net |

BULK RATE
US POSTAGE
PAID
PERMIT #67
ACTON, MA
01720

POSTAL PATRON
BOXBOROUGH, MA 01719



SPECIAL EVENTS / TRIPS

3rd Annual Kids All-American Fishing Derby

Saturday, September 18, 2004

Bus Trip to Castle in the Clouds, NH

Saturday, October 2, 2004

Haunted Happenings Bus Trip to Salem, MA

Saturday, October 16, 2004

Halloween Costume Contest

Saturday, October 23, 2004

Bus Trip to Foxwoods Saturday, November 6, 2004

Senior Bus Trip to Yankee Candle Co.

Wednesday, December 1, 2004

New York City Bus Trip Saturday, December 11, 2004

Winterfest 2005 Saturday, January 22, 2005

Ski Trip to Loon Mt. Saturday, February 25, 2005